

Assessment of quality of life among Iranian hemodialysis patients: A multicenter study

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Abstract: Background and Aim: Hemodialysis is accompanied by various physical, mental, social, and economic problems that may affect patients' quality of life. Therefore, evaluation of this variable and its related factors can be beneficial in achieving the care objectives. This study aimed to determine the quality of life and its demographic, physical, and treatment-related factors in patients referring to hemodialysis centers of Guilan University of Medical Sciences, Iran.

Methods: In this cross-sectional, analytical study, 241 adult patients with determined inclusion criteria were selected from 12 dialysis centers in Guilan province by systematic randomized method. The study data were gathered using a researcher-made questionnaire including demographic, physical and treatment-related features as well as the Persian version of Kidney Disease Quality of Life Short Form (KDQOL-SF) scored from 0 to 100 into physical and mental dimensions and kidney components by self-reporting method. Higher KDQOL represented better life quality. Descriptive and inferential statistics were used to determine the relationship between the total quality of life and the factors related to its dimensions.

Results: The patients' quality of life score was 54.00 ± 13.33 that had significant relationship with female gender ($P < 0.0001$), old age ($P < 0.002$), low education levels ($P < 0.0001$), Unemployment ($P < 0.0001$), not being the household head ($P < 0.003$), living in rural areas ($P < 0.043$), without history of kidney transplantation ($P < 0.038$), dialysis center ($P < 0.019$), higher Charlson's comorbidity index ($P < 0.0001$), lower hemoglobin levels ($P < 0.011$) and hematocrit levels ($P < 0.042$). The results of regression analysis indicated that female gender, Unemployment, and higher Charlson's comorbidity index are the predictors of hemodialysis patients' low quality of life.

Conclusion: The relationship between the hemodialysis patients' low quality of life and controllable factors highlights the necessity of special plan to improve patients' quality of life by social support and medical interventions.

Keywords: Hospitalized patients, End-stage renal disease, Predicting factors, Quality of life, Hemodialysis.

1. INTRODUCTION

Chronic Renal Disease (CKD) involves a wide range of pathological processes with significant reduction in glomerular filtration rate (1). Globally, estimated prevalence of CKD is 7.2% in adults over the age of 30 years (2) that almost, 90% of the suffered patients were treated by hemodialysis (HD) (3). The number of patients undergoing hemodialysis is also increasing in Iran. Now, 28,000 patients in Iran are under HD and its prevalence will increase to 90,000 by 2021 (4). Despite the substantial resources committed to the treatment of CKD and significant improvements in the quality of dialysis therapy, patients continue to experience significant mortality and morbidity and reduced quality of life (5).